

Falafel Mix

Precooked dehydrated garbanzo bean, yellow pea and green pea flours, spices, less than 2% of dehydrated onion, potato flakes, sea salt, non-GMO expeller pressed canola oil, soy sauce (wheat, soybeans, salt), maltodextrin, salt, dehydrated garlic, yeast extract, sunflower oil, turmeric, rosemary extract. Contains soy, wheat.

Mixing Directions: 1. In a large bowl, add 1 1/4 cups water to Fantastic World Foods Falafel Mix and stir well. 2. Let stand for 15 mins. Form mix into 1" balls. 3. Pour vegetable oil into deep skillet until it is 1/2" deep. 4. Heat until 375 degrees F. 5. Fry balls. until brown and crisp (about 3 mins). 6. Drain and serve.

MADE IN A FACILITY THAT ALSO PROCESSES MILK AND PEANUTS.

Nutrition Facts:

Serving Size
1/4 Cup (35g)

Calories: 130
Fat Cal.20

Amount/serving	% DV*	Amount/serving	%DV*
Total Fat 2g	3%	Total Carb 20g	7%
Sat. Fat 0g	0%	Fiber 5G	20%
Cholest. 0mg	0%	Sugars 1G	
Sodium 280 mg	12%	Protein 8G	
Vitamin A 0%	•Vitamin C 2%	•Calcium 4%	•Iron 10%

* % Daily Values (DV) are based on a 2000 calorie diet.



\$4.49

